

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

NOVEMBER 18, 2005

## Mad Dogs bite Outlaws, 23-20

**Lance Cpl. Ryan Trevino**

*Sports Editor*

The Camp Smith Howlin' Mad Dogs went for the throat and defeated the Combat Service Support Group 3 Outlaws, Nov. 9, in intramural football action at Pop Warner Field. The game was crucial in determining second place in the regular season with Marine Aircraft Group 24, for a chance to skip straight to the semifinals in the upcoming playoffs. The victory improved the Mad Dogs' record to 4-3, which puts them in second place behind Headquarters Battalion in the current standings. CSSG-3 fell to 2-4 for the season.

"We've got to win tonight, there's no question," said Michael Crites, Camp Smith commanding officer. "But, we might be a little rusty."

Camp Smith quarterback Marlon Cummings, back from a recent deployment, said everybody knows his responsibilities.

"Hopefully we can put it all together and have a good game," he said.

According to CSSG coach Wayne Murray, even though the team had a short practice week, the Outlaws were pumped for the game. "We just ran our plays and worked on execution," said Murray. "We are prepared for the game."

Turnovers were abundant throughout the game — a total of 13 — starting with a fumble recovery for CSSG-3 by Zach "Oz" Azevedo early in the first quarter. Outlaws' quarterback, Antonio Lunsford, took the reigns early and fired to wide receiver Ray Bell for a 10-yard gain.

The Outlaws pounded the ball as much as possible into the heart of the Mad Dogs' defense, using fullback Duane "Bama Boy" Brown. Brown had more than 130 yards rushing on the night. A handoff to Brown in the red zone resulted in the first Outlaw touchdown, 6-0,

Camp Smith had an answer for the Outlaws' bang-up-the-middle approach, with their own weapon in the backfield, halfback Rodney McCullough. McCullough took a handoff from Marlon Cummings for a quick 20 yards on the Mad Dogs' first possession. Cummings then went to the air with a pass to wide receiver



Lance Cpl. Ryan Trevino

Mad Dogs' running back, Rodney McCullough, breaks a tackle before sprinting to the outside to pick up the big gain, Nov. 9, in a game against the Outlaws. McCullough had more than 120 yards rushing for the game.

Scott Lee for the first down. After another big gain by McCullough, fullback Sena Pow reached the end zone with 2:09 left in the first, 6-7 Outlaws.

After a bad snap on the point-after-touchdown play, the kicker ran the ball in for two points for Camp Smith and took the lead, 8-7.

Lunsford started the second quarter with misfired passes and turnovers. Camp Smith free safety Alike Dowsett picked off Lunsford's pass deep in Outlaw territory; however,

Lunsford wasn't the only one throwing interceptions in the game. Cummings' pass was picked off by Gerald "Sket Range" Goldstein in the Outlaw end zone and prevented a quick score by the Mad Dogs.

The interception war continued when Lunsford threw another pick to free safety Brenden Villa-Hashimoto with 11:44 left in the quarter, which resulted in a 30-yard field goal by the Mad Dogs' kicker and increased their lead, 11-7. Villa-Hashimoto had four

picks for the night.

"They're good, but our defense is solid," said Villa-Hashimoto. "We don't allow a lot of touchdowns."

Another interception by Villa-Hashimoto resulted in a first and goal situation for the Mad Dogs and set up McCullough for the rushing touchdown, which made the score 17-7, Camp Smith. Goldstein blocked the PAT

*See CAMP SMITH, C-4*



Lance Cpl. Ryan Trevino

Red Lions' quarterback Ron "Ron Ron" Malbon beats defenders to the hole for one of his two rushing touchdowns. The Lions continued their undefeated record by beating the Steelers, 18-6.

## Red Lions continue to rush toward championship

**Lance Cpl. Ryan Trevino**

*Sports Editor*

The Kaneohe Bay Red Lions defeated the Aliamanu Military Reservation Steelers Nov. 12, 18-6, in Youth Football action, Mightyights Division, at the C Street Field aboard Marine Corps Base Hawaii, K-Bay. The win kept the Lions undefeated at 7-0 in their charge for first place. The Steelers fell to 4-4-1 for the season.

The Lions have one game remaining against Schofield, Nov. 19, to determine the league champion.

"If we win them all, we take home first," said Lions Defensive Coach Craig Beal of the team's hopes to remain undefeated for the season.

The Steelers started off the game strong with a well-executed reverse on the kickoff return, which allowed Steelers receiver Trey Corrales to break free down the sidelines, almost scoring a touchdown.

Nicholas Mendoza, Red Lions player, didn't allow the Steelers' drive to go any farther, when he intercepted a pass from Steelers quarterback Jaquwome Jones, and ran for 30 yards after the catch, deep into Steelers' territory.

This interception and other short

gains after the turnover set up an easy Lions score by quarterback Ron "Ron Ron" Malbon. The PAT was no good, which made the score 6-0, Lions.

Malbon continued to hurt the Steelers on the defensive side of the ball, when he broke up a play with a tackle in the backfield for a loss of yardage. The Steelers moved down the field little by little until they reached the red zone. The Steelers attempted a quarterback keeper to pick up a first on a fourth and goal situation, but were quickly denied by the swarming Lions' defense.

The Lions got back the ball with five minutes left in the first half. Malbon handed off to halfback Mendoza, who juiced defenders with solid footwork and picked up more than 40 yards on the carry. Malbon followed Mendoza's run with what he does best — a quarterback sweep to the outside, which allowed him to walk in for the score, 12-0, Lions.

Another rushing touchdown up the middle, this time by halfback Nicholas Mendoza, increased the Lions' lead to 18-0 and ended the first half of play.

"We got a good group of boys," said coach Beal. "They're awesome."

Tensions were high for both teams at the start of the second half.

Coaches and parents erupted on the sidelines after flags were thrown too many times or not thrown at all.

"Are we playing tackle football?" asked an upset Steelers' parent after what he thought was an illegal play had occurred.

The frustration was carried onto the field from the sidelines when Lions quarterback Malbon got into a scuffle with Christian Johnson of the Steelers. Both players were immediately ejected from the game.

Mendoza replaced Malbon at the quarterback position after the ejection. This setback didn't change the Red Lions' plan of attack, and they continued to run the ball to the outside. Mendoza's first carry as quarterback resulted in a 10-yard gain. Justis "Fireball" Glassford replaced Mendoza at the fullback spot and contributed with a few short gains of his own.

The Steelers finally got on the board before the game ended, after a long run past the Red Lions' defense for a touchdown by Jaquwome Jones, with three minutes left in regulation, bringing the final score to 18-6, Lions.

The Red Lions aren't doing anything different during this week's practices to prepare for next week's game, said Lions Head Coach Ron Malbon.

## MALS-24 scores big in '101 Days of Summer' competition

**Lance Cpl. Ryan Trevino**

*Sports Editor*

This year's 101 Days of Summer Program, a program that has run for three years aboard Marine Corps Base Hawaii, Kaneohe Bay, ended Sept. 5 with Marine Aviation Logistics Squadron 24 taking home first place for the third year in a row.

MALS-24 will be presented with a check for \$1,000 and will receive a plaque this morning at the Commanding General's flagpole ceremony. The money will go toward the unit's discretionary fund. The unit members can use the money to throw unit-wide barbecues, field meets or a number of other events.

The 101 Days of Summer Program included a summer-long schedule of sporting events and educational classes put on by a cooperative effort of organizations, including Marine Corps Community Services, the Single Marine & Sailor Program, Semper Fit, and the Substance Abuse Counseling Center.

According to Dan Dufrene, health promotions coordinator and member of the 101 Days of Summer team, these events focus on encouraging Marines and Sailors to make intelligent and informed decisions about drugs and alcohol, while offering service members activities and events that foster competition between on-base units.

"We want to provide additional leisure

activities to Marines and Sailors and assist them in the good use of leisure time," said Dufrene.

"101 Days of Summer" serves as a drug-demand reduction program to provide Marines and Sailors with healthy alternatives to excessive drinking and drug use, by providing activities such as four-mile fun runs, "Shank and Slice" competitions, flag football, basketball, swim meets and more," stated Dufrene.

"Everybody has an option, so we need to provide better options, so they can make better decisions," he said.

The program awarded points to the participating units — depending on how

*See 101 DAYS, C-4*



Cpl. Rich Mattingly

Competitors explode from the "blocks" as the air horn sounds, signalling the start of the 50-meter individual medley race at the 101 Days of Summer last June at the Base Pool.



# MCCS Semper Fit Center will host Turkey Burn Off

**Edward Hanlon V**  
*Marine Corps Community Services Marketing*

Let's face it, as rich as Thanksgiving is in holiday spirit, it is just as rich in calories.

Don't wait until Jan. 1 to make a resolution, work that waistline at the 3rd Annual Turkey Burn Off, Friday, at the Kaneohe Bay Semper Fit Center.

"We hold this event to help people to stay active over the holidays as well as to raise toys for the Toys for Tots program," stated Jon Shiota, Semper Fit's manager.

The Turkey Burn Off Aerobathon runs from 9 a.m. until noon and the only entry fee is a new toy. Anyone over

the age of 16 is invited to choose from the numerous classes held that morning.

"It's a great way for patrons to try out different courses formats and instructors," said Shiota. "You can take as many as you want."

In addition to being a perfect way to get in shape and another way to provide toys for Toys for Tots, the Turkey Burn Off is a tremendous opportunity to get an exercise routine going.

"Even if you have never taken an aerobics class before," invited Shiota, "This would be the event to start off with."

The Semper Fit Center offers a robust array of aerobics courses, available to all

authorized DoD cardholders. From Water Aerobics to Cycling, Aikido to Pilates, Gut Cut to Step, aerobics programs are designed for users of all needs and degrees of fitness. The Center has recently added a few new classes, including a combination course of Pilates and Yoga, PIYO, offered by Valerie Kimura.

Many of the courses are free to active duty; however, all courses are competitively priced. The aerobics class schedule is posted on [www.mccshawaii.com](http://www.mccshawaii.com).

Invest in a healthier you. Remember, the only charge for the 3rd Annual Turkey Burn Off is a new toy.

For further information and course schedules, call 254-7597.



Cpl. Jessica M. Mills  
Service members and DoD civilians burn off calories with aerobic exercises during last year's annual Turkey Burn Off. This year's Turkey Burn Off will take place Friday, at the Semper Fit Center.

## BASE SPORTS

### Saturday

**8th Annual Turkey Trot** — The 8th Annual 3rd Radio Battalion Turkey Trot four-mile foot race, coming to Kaneohe Bay, Saturday.

The event is a combined four-mile race followed by a one-mile Family Fun Run aboard Marine Corps Base Hawaii, Kaneohe Bay, that will give participants a chance to prepare for that feast that is right around the corner.

The race begins at 7:30 a.m. at Pop Warner Field and the trail will take racers through on- and off-road portions of the base.

The entry fee is \$15 for the Turkey Trot, and the event is open to the public, so invite friends to race scenic K-Bay. The Family Fun Run is free for adults and children.

Individual active duty runners will earn points toward the Commanding General's Semper Fit Series for their unit.

Register at the Semper Fit Center, Building 3037, or stop by the Semper Fit Administrative Office in Building 219. Packet pickup will be held from Wednesday through Friday at the Semper Fit Center. Register on race day, if not before.

For additional information, call MCCS Athletics at 254-7590.



### Dec. 11

**Military Pricing for Honolulu Marathon** — All active duty service members who are interested in participating in the Honolulu Marathon, Dec. 11, take note: If you enter by Dec. 10, entry fee is \$15. Entry forms are available from at the Kaneohe Bay Semper Fit Center or at the MCCS Athletics Office, Building 219.

Need transportation? Not a problem. MCCS will provide free bus transportation the day of the event, leaving the Semper Fit Center at 3:45 a.m. and returning to Kaneohe Bay at 3 p.m. There will be a joint-service hospital-ity tent, with MCCS on site at the event to give away fruit, water, soda and Gatorade.

For more information, call Stacy Barkdull at 254-7590.

registrations.

The cost is \$50 for YA members and \$60 for nonmembers. The league is open to all authorized patrons, including active duty and DoD civilian family members (a photocopy of a military identification card is required at registration).

Volunteer coaches are needed for this league, so if your child is participating, join in on the fun. Or, if you've been looking for that perfect volunteer opportunity, here's your chance.

To register, or for more information, call 254-7611.

**Semper Fit Seeks Applications for Armed Forces Bowling** — The Armed Forces Bowling Championships will be held Jan. 6 through 14 in Reno, Nev., so get your game face on and get ready to hit the lanes.

Marines interested can submit applications to the Semper Fit office located in Building 219 by Dec. 15. Applications must contain written proof of your current bowling aver-

age, which, for men, must be at least 215 and at least 160 for women.

Applications are available online at [www.usmc-mccs.org/sports](http://www.usmc-mccs.org/sports) or at the Semper Fit office. Think you can cut it?

For more information, call Stacy Barkdull, MCCS Athletic Sports coordinator, at 254-7590.

Intramural Football Standings	
HQBN	7-0
Camp Smith	4-3
MAG-24	3-3
1/12	2-3
CSSG-3	2-4
3rd Marines, Headquarters	0-5
Standings are current as of Monday	

Intramural Softball Standings	
VP-9	13-3
HQBN	12-3
CSSG-3	14-4
MAG-24	14-5
2-2	12-5
CSSG-3 Maint.	9-7
VP-4	9-7
HSL-37	9-9
1/12	3-12
3rd Marines	2-13
Barnyard Dog	1-17
Standings are current as of Monday	

### Nov. 23

**Intramural Turkey Shoot Golf Tournament** — Shoot for the Kaneohe Klipper Golf Course, Nov. 23, for the Intramural Turkey Shoot Golf Tournament. Register now at the Semper Fit Center or on the course by 10:30 a.m. on the day of the event as flights begin at 11 a.m.

The event is open to all active duty and authorized DoD civilians. The fees are \$11 for E-1 through E-5 and \$17 for E-6 through E-9 and officers.

For civilians, the price of \$24 does

**Ongoing**

**Semper Fit Seeks Applications for All-Marine Cross Country Team** — Semper Fit is currently seeking a team comprised of 10 men and five women for participation in the All-Marine Cross Country Championships at Marine Corps Air Station Miramar, Dec. 8 to 12.

Send or bring your application to the Semper Fit Athletic office. Applications are available online at [www.usmc-mccs.org/sports](http://www.usmc-mccs.org/sports) or the local Semper Fit office.

For further information, contact Stacy Barkdull at 254-7590.

**Youth Basketball Now Registering for 2006 League** — Register children 6 through 17 for MCCS' Youth Basketball, coming in February 2006. Since practice begins in January 2006, YA is now accepting

## WEEK 10 NFL PICKS WINNER

### Sgt. Marty Mooney

G-3, Headquarters Battalion

"Two in a row — didn't think I was that good. Guess there are a lot of bums on this base who are scared to challenge me." Monday night total score: **45**

### "My picks for week 11 are ..."

Arizona @ <b>St. Louis</b>	<b>Pittsburgh</b> @ Baltimore
Carolina @ Chicago	<b>Tampa Bay</b> @ Atlanta
Detroit @ <b>Dallas</b>	<b>Seattle</b> @ San Francisco
Jacksonville @ Tennessee	Buffalo @ <b>San Diego</b>
Miami @ Cleveland	<b>Indianapolis</b> @ Cincinnati
New Orleans @ <b>New England</b>	N.Y. Jets @ <b>Denver</b>
Oakland @ <b>Washington</b>	<b>Kansas City</b> @ Houston
Philadelphia @ <b>N.Y. Giants</b>	Minnesota @ <b>Green Bay</b>

## COMMUNITY SPORTS

### HTMC Plans Sunday Hike

Join the Hawaiian Trail and Mountain Club on a 12-mile advanced hike in Moanalua, Sunday at 8 a.m.

Pay attention to the coordinator regarding your route: ascend from Tripler Army Medical Center parking area, from Marker 12 trail in Moanalua Valley, or from the Powerline trail in Moanalua Valley. This is a long, relatively broad ridge hike with one false summit and wild, windy views at the summit.

Contact coordinator Mike Fujita at 550-2535 or [mikefujita@yahoo.com](mailto:mikefujita@yahoo.com) for details.

A \$2 donation is requested for each non-member age 18 or older. A responsible adult must accompany children younger than 18. Bring lunch and water on all hikes and wear sturdy shoes and appropriate clothing. Firearms, pets and radios, or other audio devices, are prohibited on hikes.

For more information, check out the HTMC Web site at [www.geocities.com/Yosemite/Trails/3660](http://www.geocities.com/Yosemite/Trails/3660)

### Mountainmanfest Races at Kualoa Ranch

Mountainmanfest is celebrating 11 years of race fun with a weekend of activities, Nov. 19 and 20. No one can get enough of the rugged and breathtaking course at beautiful Kualoa Ranch, so join Boca Hawaii for its last race of the year.

Choose between the 8K Trail Run, the 20K Mountain Bike Race, the sprint-distance Mountain Bike Triathlon — or do all three. Bring the family, and let the children have a turn at participating in the Keiki Fun Run Trail Run. Lots of prizes to be given away at the post-race party on Sunday evening at Gordon Biersch Restaurant.

Registration costs are \$22 for the run, \$25 for the bike race, \$70 for the individual triathlete and \$90 for teams. The Keiki Fun Run has a \$10 fee. Athletes should register by Monday

to avoid a \$5 late fee.

For more information, visit [www.boca.hawaii.com](http://www.boca.hawaii.com) or to register, go to [www.active.com](http://www.active.com).

### State Offers Outdoor Education

The Hawaii Department of Land and Natural Resources is offering education classes to the public. Subjects covered include firearms and archery safety; survival and first aid; wildlife identification; and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification. Classes, open to anyone 10 and older who enjoy the outdoors. The sessions are ideal for hunters, campers, hikers, and other outdoor enthusiasts.

The next two-day session is Dec.2 from 5:45 to 10 p.m. and Dec. 3 from 7:45 a.m. to 4 p.m. in Classroom A-212A at the Nimitz Business Center, 1130 North Nimitz Highway Drive up the ramp to the classroom, which is the first room on the right. A picture ID is required for entry to the sessions.

For more information about outdoor education, or to sign up for this course, call 587-0200 or visit [www.hawaii.gov/dlnr/welcome.html](http://www.hawaii.gov/dlnr/welcome.html).

### Sprint Triathlon to Hit Kalaeloa

Athletes will start off the 2005 Kalaeloa Sprint Triathlon at 7 a.m, Dec. 3, at Nimitz Beach, at the old Barber's Point Naval Station.

The swim consists of a 400-meter triangle course. Athletes will then grab their bikes for a two-loop, 13.1-mile course. The out and back run is the last event and is five kilometers long.

Individual divisions include elite and all standard five year age men and women. Relay divisions include men, women and mixed.

Registration fees are \$70 for individuals and \$105 for three-person teams. Participants should register by Nov. 25 to avoid an extra charge.

An awards ceremony and barbecue will fol-

low the race at the Nimitz Park.

Those wanting to register can download an entry form at [www.deaxlesports.com/Kalaeloa05.htm](http://www.deaxlesports.com/Kalaeloa05.htm) or sign up online at [www.active.com](http://www.active.com).

**Maui to Host Half Marathon**

The 2nd Maui Surf and Sand Half Marathon will take place on the Valley Isle, Jan. 15, 2006.

The 13-mile course runs from Kapalua to Lahaina along the coast on Honoapiilani Highway.

Cost for the race is \$60 and includes a T-shirt and finisher's medal. First, second and third place finishers will receive \$500, \$250 and \$100, respectively.

Athletes wishing to participate can register by printing a form from [www.mauiSURFSandhalf.com/indexMain.html](http://www.mauiSURFSandhalf.com/indexMain.html) or by visiting [www.active.com](http://www.active.com).

### Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs on their Web site: [www.bellowsafs.com](http://www.bellowsafs.com).

For information, call the Turtle Cove office at 259-4112 from 8 a.m. to 8 p.m.

•**Saturdays at 8 a.m., Morning Paddle:** Take the guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Cost is \$14. Advanced skill level is required.

•**Sundays at 8:30 a.m., History Tours by Bike:** Ride mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows Air Force Station. Wear closed-toe shoes. Cost is \$15 for bike and helmet rental.

•**Mondays at 8:30 a.m., Hike to Makapuu:** Take a moderate 2 1/2-mile round-trip hike to the Makapuu Lighthouse. Hikers will be rewarded with awesome views of Koko Crater, Diamond Head and Waimanalo Bay. Wear closed-toe

shoes. Cost is \$8 for adults and \$5 for children 12 and younger.

•**Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour:** Discover the magnificent underwater world of the ocean at a nearby undisturbed reef. Transportation, instruction and snorkeling equipment are included. Cost is \$15 for adults and \$8 for children 12 and younger.

•**Wednesdays and Thursdays at 1 p.m., Kayaking Lessons:** Master ocean-kayaking skills, including water safety and efficient paddling techniques in this two-hour class. The class is free with a day kayak rental.

•**Thursdays at 9 a.m., Beach 101:** See fascinating natural phenomena as you wade across seaweed-covered reef flats and rock tide pools.

This is an educational experience for the whole family. Be sure to wear comfortable footwear, a hat, swimsuit, sunscreen, and bring water. Cost is \$8 for adults and \$5 for children 12 and younger.

•**Thursdays at 8 a.m., Free Aloha Breakfast in the Recreation Center Lanai:** Find out about all the exciting programs and specials happening at Bellows. Enjoy a free continental breakfast and sign up to win door prizes.

•**Fridays at 1 p.m., Bodyboarding Lessons:** Learn how to catch and ride the waves. Free day rental of boogie board is included in the \$5 fee.

•**Miniature Golf:** One of the miniature golf courses on the island is the Bellows Mini-Golf Course. It is lighted and open for night play.

•**Driving Range:** Next to our mini-golf course is a driving range. Clubs and buckets of golf balls are available for rent.

For more information, log on to [www.bellowsafs.com](http://www.bellowsafs.com).

### Hawaii Marine Accepts Briefs

To post sports and recreational briefs in the Hawaii Marine, e-mail requests to [editor@hawaiimarine.com](mailto:editor@hawaiimarine.com) or call 257-8835.





# The Bottom Line

(Editor’s Note: “The Bottom Line” is the Hawaii Marine’s weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The Hawaii Marine welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “If you don’t speak up, you won’t be heard.”)

## Is MLB’s new ‘roid policy to harsh?

**Kristin Herrick**  
*The Cheese*

What do Matt Lawton and Mr. Ed have in common?

Not much, except that it’s possible that they both have boldenone, a veterinary steroid, in their blood. It’s OK for Mr. Ed because he’s, well, a horse. It is not OK, though, for Major League Baseball players.

The Cheese would call Lawton lucky; he got busted before the league and players agreed to impose harsher penalties for those caught using steroids.

Under the new rules, players caught the first time will receive a 50-game suspension. Double that for a second positive test and a third strike will have the player barred from the ballpark for good. There is a catch — the banned-for-life player can apply for reinstatement after only two years of a lifetime sentence. Kind of like parole, I guess — behave and you could be let loose to mess up all over again.

MLB may have instated tougher punishments against juicers, but only because members of Congress

have been breathing down their necks. If the league didn’t do something soon, the legislators would have — that was enough motivation. Let’s face it, steroids are good for business. Fans and non-fans alike are more likely watch when someone is getting close to the home-run record, and it’s even more exciting when there are a couple of hitters in contention. What a coincidence that the players with the most home runs (Sammy Sosa, Mark McGwire and Barry Bonds) are also the guys who later get accused of using steroids. This brings us to the chicken or the egg question — do players get accused because they’re good or are they good because they use? It’s a vicious cycle.

**Bottom Line:** Steroids may bring in the money, but that doesn’t mean it’s ethical. Most things that bring in a lot of money aren’t. The Cheese thinks the new policy is a good one and not too strict. It will stop players from using and will make the league a little more “au naturale.” Mr. Ed didn’t need any performance-enhancing drugs to talk, so baseball players shouldn’t need anything to play baseball.

**Sgt. Joseph A. Lee**  
*The Sergeant*

Performance-enhancing drugs have been a concern as long as professional sports have been around. Players have used everything from painkillers to amphetamines and steroids to gain an advantage on size, strength, speed and endurance. The complaints on the issue range from setting a bad example to an unfair advantage. The fix to this problem is simple, and in The Sergeant’s humble opinion, it has nothing to do with suspensions and fines within the specific sports like Major League Baseball. It’s a legal matter that the United States as a whole needs to underline and make a priority and corporations like Major League Baseball need to help

by enforcing a zero-tolerance policy.

If it’s an issue that professional athletes might be “sending the wrong message” by using performance-enhancing drugs, isn’t it also sending the wrong message to allow them to continue with the corporation once they have tested positive, even once, for drugs? I’d be willing to bet Walmart has a more stringent drug policy, and, personally, I could really care less if the girl behind the register is juicing.

Since 1991, the use of steroids without a prescription has been illegal, so why is there still an issue? The Sergeant believes that punishment for illegal drug use needs to be strictly enforced by corporations in the United States, across the board,

*See SARGE, C-4*

Cheese (3–7)

Arizona @ **St. Louis**  
Carolina @ **Chicago**  
Detroit @ **Dallas**  
**Jacksonville** @ Tennessee  
**Miami** @ Cleveland  
New Orleans @ **New England**  
Oakland @ **Washington**  
Philadelphia @ **N.Y. Giants**  
**Pittsburgh** @ Baltimore  
**Tampa Bay** @ Atlanta  
**Seattle** @ San Francisco  
Buffalo @ **San Diego**  
Indianapolis @ **Cincinnati**  
N.Y. Jets @ **Denver**  
Kansas City @ **Houston**  
Minnesota @ **Green Bay**

The Cheese finally won over The Sergeant, so maybe my instincts are finally honing in. If anyone beats the Colts this season, it’s going to be Cincinnati. The Giants are going to beat Philly, unless the Eagles can repeat the Viks’ runbacks. Monday night total score: **41**

### Week 11 Picks

To play, clearly circle the teams you think are going to win. Drop your picks off under the door of Room 19 in Building 216 or email your picks to kristin@hawaiimarine.com by Saturday at midnight. The person who has the most correct picks will get to boast in the Hawaii Marine and fill us all in on their following week’s predictions. The closest to the total score for Monday Night’s game, without going over, will determine the winner in the event of a tie.

Arizona @ St. Louis	Pittsburgh @ Baltimore
Carolina @ Chicago	Tampa Bay @ Atlanta
Detroit @ Dallas	Seattle @ San Francisco
Jacksonville @ Tennessee	Buffalo @ San Diego
Miami @ Cleveland	Indianapolis @ Cincinnati
New Orleans @ New England	N.Y. Jets @ Denver
Oakland @ Washington	Kansas City @ Houston
Philadelphia @ N.Y. Giants	Minnesota @ Green Bay

Monday Night Tiebreaker (Minnesota @ Green Bay): \_\_\_\_\_ points.

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

Sarge (7–3)

Arizona @ **St. Louis**  
**Carolina** @ Chicago  
Detroit @ **Dallas**  
**Jacksonville** @ Tennessee  
**Miami** @ Cleveland  
New Orleans @ **New England**  
Oakland @ **Washington**  
Philadelphia @ **N.Y. Giants**  
**Pittsburgh** @ Baltimore  
**Tampa Bay** @ Atlanta  
**Seattle** @ San Francisco  
Buffalo @ **San Diego**  
Indianapolis @ **Cincinnati**  
N.Y. Jets @ **Denver**  
**Kansas City** @ Houston  
Minnesota @ **Green Bay**

Again, The Sergeant must pick some teams he hates, but there’s just no way Green Bay can keep up their horrible season, and without T.O. and an injured Donovan McNabb, The Sergeant is afraid to say that Dallas will come out with the win in Philadelphia. Monday night total score: **38**



# ITT offers reservations for Pro Bowl tickets

**Yibeli Galindo-Baird**

*Marine Corps Community Services  
Marketing*

One of the most anticipated sporting events in Hawaii is the ProBowl. Taking place annually in February, tickets for this event are hard to come by and when they are available they are cost-prohibitive.

Fortunately for those with access to Information, Tickets and Tours office at the Mokapu Mall, your worries can be put to rest as ProBowl ticket sales on base officially began Nov. 10.

The ProBowl is the all-star football game that pits fan-selected American Football League players against their National Football League counterparts in a battle that has been held here on Oahu since 1980.

"This is a very popular event. In the past, we've had people line up at the mall the night before, just to make sure they could get their hands on a pair of tickets," said Christopher Sereno, IIT manager.

This year, Sereno expects the same kind of interest, since ProBowl fans familiar with the annual sale called earlier in the season and asked to be placed on a call-back list in anticipation of this week's ticket offering.

Seating available at ITT will be in the sideline and end zone locations of Aloha Stadium for the game on Feb. 12, 2006.

"We want to make sure that people understand that what we will be selling at this time are not the actual tickets," Sereno clarified. Individuals

will pay for the location now and will select their specific seats, thanks to seating charts available at ITT, but will be called to claim the actual tickets once these documents arrive to the office as the game date approaches.

The cost for sideline tickets is \$103, while end-zone seating is \$38. While the stadium has 50,000 seats, tickets at ITT are in limited supply and only available on a first-come, first-served basis until they sell out.

Upcoming deployments may mean that many local Marines and Sailors won't be able to take part in this event, but football fans who will be around for the game should not wait until the last minute to get these specially priced tickets.

For more information, call  
254-7563.



## Hawaii Marine File Photo

The Information, Tickets and Tours Office is offering reservations for tickets to this years' Pro Bowl at Aloha Stadium. Sideline tickets are \$103 and end-zone seating is \$38 per ticket.

**CAMP SMITH, From C-1**

attempt. Goldstein had two blocked kicks during the game.

Villa-Hashimoto, Lunsford's preferred target, intercepted another pass, but this time for a touchdown with a minute left in the half. After another blocked PAT by Goldstein, the Mad Dogs increased their lead, 23-7.

CSSG-3 took over on offense with 40 seconds left in the half. "Bama Boy" Brown trucked through defenders and down the sideline after a handoff from Lunsford for an 80-yard breakaway touchdown to end the half, 23-13 Camp Smith over CSSG-3.

Both teams started off the second half with weak offensive series. On fourth and 10, Camp Smith executed a fake punt and picked up the first down, but turned the ball over later after a sack by Adam "Big T" Treaster for a loss.

With CSSG-3 on offense, Lunsford found receiver Aaron “Sunshine” Durbin with a couple passes totaling 50 yards, but the Outlaws’ scoring hopes were ended by a Villa-Hashimoto pick in the Mad Dogs’ end zone.

After a bad snap to quarterback, James Robinson, Goldstein recovered a fumble in the end zone for a quick score for the Outlaws, closing the gap, 23-20 Camp Smith.

With only a little time left in the game, the Outlaws' had no choice but to attempt the onside kick, which was unsuccessful, and the game ended at 20-23, Mad Dogs.

Catch intramural playoff action Nov. 22-30, and the championship game on Dec. 5.



**Lance Cpl. Ryan Trevino**

Mad Dogs and Outlaw players fight for a loose ball, late in the fourth quarter. The Outlaws recovered, bringing the score to 23–20, Mad Dogs.

*101 DAYS, From C-1*

well they did in each event, said Dufrene. The total points accumulated by each unit throughout the summer determined the winner.

Not all points are earned through physical endurance and athletic ability, said Dufrene. Units get points when members attend health-promotion classes such as stress management, suicide awareness, injury prevention, and others.

Drug testing also plays a part in determining the winner. Points are given for the number of urinalyses taken and passed by unit members, according to Dufrene.

There were 19 units that participated the prize of 1st place in 19 different program events. First place went to MALS-24 with 5,420 points, 3rd Radio Battalion took second with 4,610 points, and Headquarters Battalion came in third with 4,555 points.

The 3rd Radio Battalion will receive a check for \$750 and HQ Battalion will receive a \$500 check during the flagpole ceremony.

For more information, or to get involved in the program, contact Dan Dufrene at 254-7636.

*SARGE, From C-3*

especially if the drug use has a direct effect on job performance. Professional sports corporations should be the nation's leaders in anti-drug enforcement, especially if they want to send any kind of message to America's youth.

The concern that performance-enhancing drugs give a player an unfair advantage should be a non-issue. Of course they do. I'm sure if we gave Marines methamphetamine before field day, they'd be a whole lot more productive, but even if a drug has its advantages, it's still an illegal drug.

**Bottom Line:** Strike one, you're out. That's the message the MLB needs to send to America's youth.

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SPORTS AROUND THE CORPS



Photo Courtesy of Sgt. Brian Randolph  
Sgt. Brian Randolph races in the NorCal versus SoCal California Cup in San Bernardino, Calif., where he took first place overall.

# Marine resumes BMX racing, takes over ABA Fall Nationals

**Lance Cpl. Regina Ortiz**  
Marine Corps Air Ground  
Combat Center

**MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif.** — In 1969, California motocross fans too young to ride motorcycles or unable to afford them, founded a sport of their own. The innovators started racing their bicycles across the wavy dirt trails, imitating their idols, which later evolved into BMX racing.

At 7, Brian Randolph discovered the sport while watching the movie that would forever influence his life. A 1986 film about a young boy who aspires to win a race across the toughest track against the best BMX racers in the world, made Randolph take his love of bike riding to another level.

“I started riding a bike at the age of 3,” said Randolph. “But once I saw ‘Rad,’ I knew what kind of bike riding I wanted to do.”

Randolph’s two biggest supporters, his parents, sought out a track in his hometown of Largo, Fla., so he could spread his wings and ultimately take off.

From age 7 to 13, Randolph won various BMX racing titles in his home state, including second place overall three times and third place three times as well. He went on to compete in the President’s Cup, a national BMX racing tournament in Florida, where he took second place in his age category.

At 13, Randolph decided to take a break from the sport for personal reasons. He still loved biking sports and kept up to speed with mountain biking, he said.

Now, 27-year-old Randolph is a sergeant in the Marine Corps stationed at the Combat Center.

Since Randolph was still committed to biking, he hunted down an area bike shop soon after checking into the base. He frequently visits Mike’s Bike Shop in Twentynine Palms, where he met Mike Rourke, owner of the small bike outlet, who shares his love of BMX racing, he said.

Randolph decided to get back into BMX racing circuit with the encouragement of Rourke. He BMX raced for the first time in more than 13 years, in February. The skills were still there, he said.

He started frequenting the tracks around Twentynine Palms and any track within 100 miles.

Since jumping back on his BMX bike, Randolph has competed and taken first place in several notable events, including: the California Cup, the Orange Show BMX State Championship Race, Horseman’s BMX State Championship Race, Palm Springs Race for Life, and Cutting Edge BMX Race for Life.

To be the best, training hard is top priority, said Randolph. Marine Corps

See BMX, C-6



Hawaii

MARINE

MVP

#13 – Brenden Villa-Hashimoto

**Position:** Wide Receiver, Free Safety  
**Unit / Team:** Camp Smith Howlin’ Mad Dogs  
**Jersey Number:** #13  
**Game Statistics:** 4 interceptions for 1 touchdown  
**Branch of Service:** U.S. Air Force  
**Hometown:** Waipahu, Hawaii  
**Quote:** “Our defense doesn’t allow a lot of touchdowns.”



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# HEALTH & FITNESS

## Childhood exposure to secondhand smoke can have long-lasting effects

**Press Release**

*National Institutes of Health*

A new study finds early life exposure to second-hand smoke can produce life-long respiratory problems. The study of 35,000 adult nonsmokers in Singapore found that those who lived with a smoker during childhood had more respiratory problems, including chronic cough. Study participants who reported eating more fruit and soy fiber as adults seemed to be protected against some of the negative health effects often associated with early tobacco exposure.

Individuals 18 or younger, living with one or more smokers, were more than twice as likely to suffer from chronic dry cough as adults, according to a new study published by researchers at the National Institute of Environmental Health Sciences, a part of the National Institutes of Health, the University of Minnesota, and the National University of Singapore. This paper, which appears online in Thorax, is the largest study to date on the

effects of childhood exposure to environmental tobacco smoke on later respiratory disease, and the first to include data on dietary intake.

“This research adds to a growing body of evidence that exposure to second-hand smoke early in life has health consequences that can last a lifetime,” said Dr. David Schwartz, director of the NIEHS. “In addition to finding ways to reduce the exposure of children to tobacco smoke and other environmental pollutants, we also need to look for ways to reduce the disease burden.”

The data for this study were collected from the Singapore Chinese Health Study, a population of men and women of Chinese ethnicity ranging in ages from 45 to 74 at enrollment, who live in Singapore. The 35,000 nonsmokers provided information regarding ETS before and after

age 18, a medical history including information on respiratory symptoms of chronic cough, phlegm production and asthma diagnosis, as well as information on dietary intake.

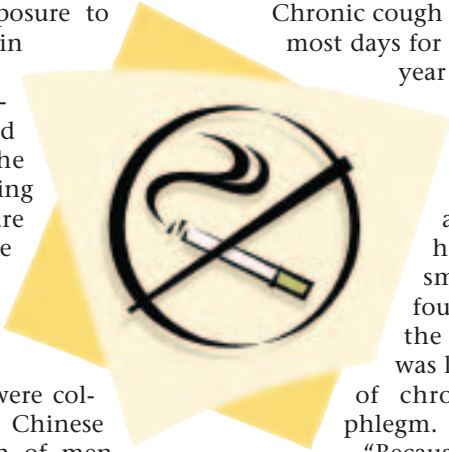
Chronic cough was defined as occurring on most days for at least three months of the year and lasting more than two years in a row. More than 45 percent of the study participants reported having fathers who smoked, and 19 percent reported having mothers who smoked. The researchers found that more smokers in the home during childhood, was linked to a greater incidence of chronic cough, and chronic phlegm.

“Because we had previously found in this Singaporean population data suggesting that a diet high in fruit and soy fiber may reduce the incidence of chronic respiratory symptoms, we decided to study the impact of

fiber on problems associated with early tobacco exposure,” said NIEHS researcher Stephanie London, M.D. “We actually found that people who ate even a small amount of fruit fiber had less chronic cough related to environmental tobacco smoke.”

Study participants who ate more than 7.5 grams of fiber each day had fewer health effects associated with ETS. This is equivalent to eating about two apples a day. Dr. London pointed out that the average weight of the Singapore study participants was 127 pounds. She also added that most Singaporeans get their fiber from fruits, vegetables and soy.

“Fiber may have beneficial effects on the lung,” said Dr. London. “It seems to have the ability to reduce blood glucose concentrations, reduce inflammation, and enhance antioxidant processes. All of these may help to protect the lung against environmental insults, such as ETS in childhood. However, the possible benefits of fiber should not lessen the importance of reducing exposure to environmental tobacco smoke.”



**BMX, From C-5**

physical training, weight lifting and bike riding on a regular basis keep the BMX racer in the lead. He mainly practices sprints on his bike to keep him up on speed, and mostly practices at a track in Yucca Valley, approximately 50 miles away.

“There are enough tracks within a 100-mile radius that I can race every night of the week,” he said.

Randolph now has three big fans at home, his wife, a daughter and a son, who enjoy accompanying him to the track to meet up with other families who like to watch the races. His 2-year-old daughter already rides a bike and might be taking her father on someday in the future, said Randolph, jokingly.

Also, being a part of the Marine Corps family has influenced his BMX racing, said Randolph. The Marine Corps has taught him the importance of discipline. Keeping this in mind, Randolph steadily trains and pushes himself to keep improving.

He finds himself connecting with fellow BMX racers on the topic of being a Marine. He has even sparked the interests of some BMX racers on joining the Corps.

Since taking over the tracks of Southern California, Randolph’s competitive drive has made him seek bigger competitions. With the need for more sponsorship, he contacted Skip Best, athletics director of Marine Corps Community Services, for assistance in traveling to Phoenix, Ariz., to compete in the American Bicycle Association Fall Nationals, Oct. 28 to 30.

“He showed me he was the California State Champion in his age class,” said Best. “MCCS supported him with a van and entry fee and will continue to do so.”

The ABA Fall Nationals was the first time Randolph qualified to race in a national competition, ultimately winning the title in his age class.

“The trip to Arizona was one of my best moments in BMX racing,” said Randolph. “I came home after accomplishing more than I thought I would accomplish when I first started racing again in February.”

Randolph won first place in his age class on day one and day two of the competition.

Randolph has since returned to instructing young electronic equipment technician students at the Marine Corps Communication-Electronics School, but as soon as the school day ends, Randolph starts devising a plan for his next trip to the track.

“It’s such a great sport to relieve stress,” said Randolph. “I forget about everything when I’m racing.”

Read the *Hawaii Marine* online at [www.mcbh.usmc.mil](http://www.mcbh.usmc.mil).



# All personnel urged to AID LIFE

Marines, Sailors should be alert to suicide warnings

U.S. Navy  
www.lifelines.navy.mil

**MILLINGTON, Tenn.** — The Navy’s Fleet and Family Support Centers have launched the ‘AID LIFE’ suicide awareness and prevention campaign to offer the Navy community watchdog tips for saving lives.

The suicide prevention campaign is aimed at first responders - anyone who notices the warning signs of suicide and takes preventive action. AID LIFE is designed to make everyone aware of the warning signs and prompt them to intervene with those at risk.

“Every life and every Sailor is important, and the Navy leadership views the loss of one Sailor as a serious loss,” said Dr. Tony Doran, director of the Navy’s Suicide Prevention Program at Navy Personnel Command. “The



key message is that anyone in the Navy can save lives. Whether you are a junior-level Sailor, a captain, active duty or reserve, you can help people before it’s too late.”

AID LIFE is also a step-by-step memory aid on what individuals should do if they

encounter someone who may be suicidal : Ask. Intervene immediately. Don’t keep it a secret. Locate help. Inform your chain of command. Find someone, don’t leave the person alone. Expedite, get help right away.

“Sailors should tell someone immediately if they suspect someone of being suicidal,” said Melody Goodwin, ethical adviser for NPC. “If you keep quiet, you can do more harm that way. Tell someone in the chain of command. Make sure the chaplains and appropriate personnel know.”

According to Goodwin, while there is no absolute sign that someone is in danger of taking their life, most have a hard time hiding

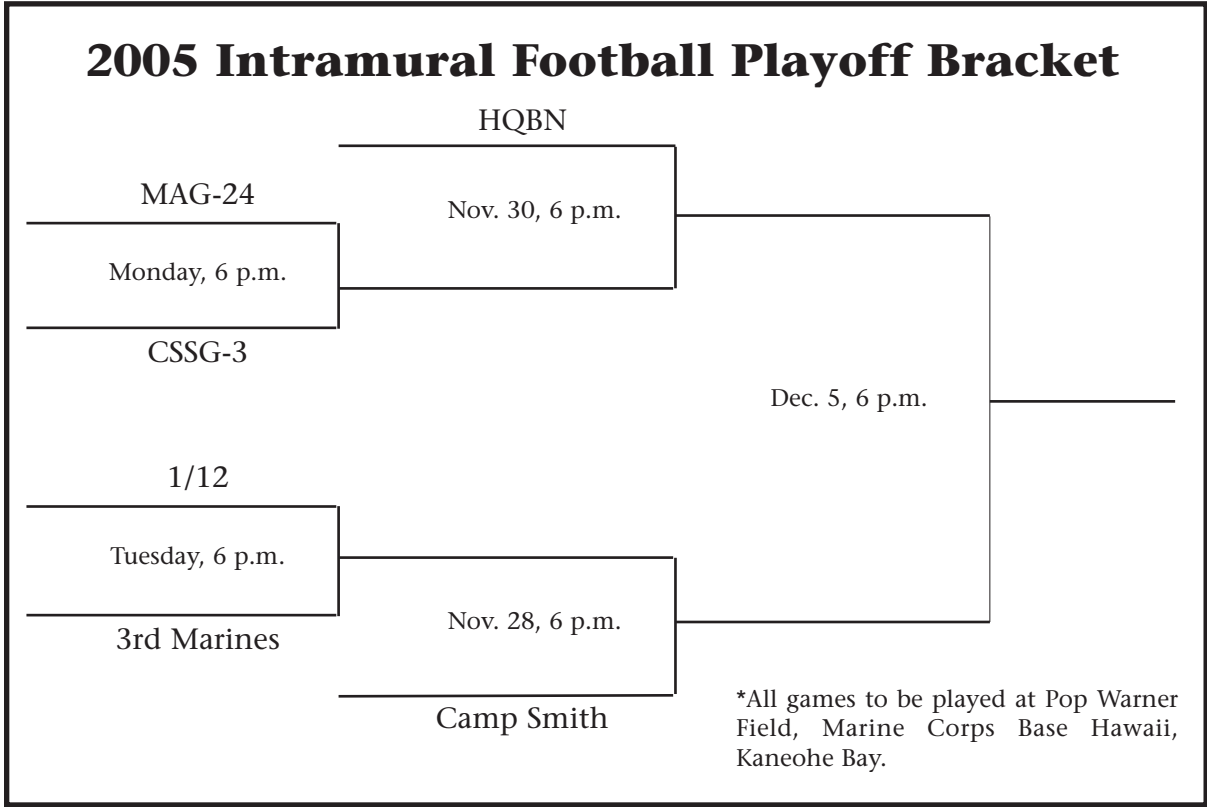
personal struggles, engage in drug or alcohol abuse, and have strong feelings of guilt.

“One indicator that we see a lot is Sailors giving away their personal belongings and making final plans,” she said.

The Navy offers suicide prevention training through its Fleet and Family Support Center with experienced mental-health professionals and substance-abuse programs. Base chaplains are also available to help, with chapels regularly offering suicide prevention training.

The goal is to “pair up those who need help with professionals,” Doran said. “We don’t have suicide support groups, but commands might have a depression support group or any number of services to help an individual deal with suicidal thoughts.”

For more information on suicide prevention, visit [www.npc.navy.mil/CommandSupport/SuicidePrevention/](http://www.npc.navy.mil/CommandSupport/SuicidePrevention/) or the Navy One Source Web site at [www.navyonesource.com](http://www.navyonesource.com). Individuals may also call (800) 540-4123 for help 24 hours a day, seven days a week.



# MAG-24 NCO of the year



Kristin Herrick

Sgt. Zhi C. Chen, avionics technician, Marine Heavy Helicopter Squadron 463, shakes hands with Rear Adm. William Van Alford, chief of staff, U.S. Pacific Command, after he was recognized Saturday during Military Appreciation Night at the University of Hawaii’s football game against Utah State. Chen, a 22-year-old Oakland, Calif. native was named Noncommissioned Officer of the Year for Marine Aircraft Group 24.

## Depression, loneliness share symptoms

**Valerie Grosz**

[www.lifelines.navy.mil](http://www.lifelines.navy.mil)

After his third month onboard a submarine, Petty Officer 1st Class O’Neil felt lonely because he missed his girlfriend.

Sheila, a young mother, didn’t leave the house for months after the Marine Corps moved her family across country again.

Sixteen-year-old Charlie’s grades dropped and he became antisocial after his father died aboard the Navy ship on

which he was deployed.

It’s common to feel lonely when your spouse deploys or a loved one dies. However, there is a fine line that separates loneliness and actual depression.

A multitude of life events can cause someone to feel lonely, sad or helpless. LIFELines articles, “Pregnancy, Depression and the Military” and “Grief Is a Natural Healer” discusses a few. Behind reasonable sadness and grieving, however, sometimes hides a serious overlooked disorder that affects men, women

and children of all ages and cultural backgrounds — depression.

### Loneliness or depression

Depression is a diagnosed mood disorder brought on by chemical imbalances in the brain that are often triggered by stressful life events. Depression ranges in severity and can be treated with counseling and medication. Loneliness, on the other hand, is a temporary feeling of sad-

*See DEPRESSION, C-9*



DEPRESSION, From C-8

ness and helplessness that natural coping skills can help remedy.

Signs and symptoms of depression

Symptoms of loneliness and depression can overlap. However, with depression, symptoms continue beyond two weeks, while feelings of loneliness subside soon after their onset.

According to WebMD, symptoms of depression may include:

- problems concentrating, remembering and making decisions;
- changes in eating and sleeping habits;
- a loss of interest in things you once enjoyed;
- feeling tired all the time or restless and unable to sit still;
- difficulty going to work or taking care of your daily responsibilities;
- feelings of guilt and hopelessness;
- slowed thoughts and speech or no speech;

- preoccupation with thoughts of death or suicide.

“If you find yourself uncharacteristically angry, you may be also struggling with depression,” said M. Catherine Womble, a licensed clinical social worker from Saunderstown, R.I.

Where to go for help

You know yourself best. When you feel something is not right with your attitude and normal habits, or your family and friends observe ongoing abnormal behavior, make an appointment with your medical care provider. Doctors can order tests to rule out physical or internal medical conditions, and they can refer you to mental health providers.

Most large Navy and Marine Corps bases have medical treatment facilities that house mental health clinics. Smaller and remote bases that do not have mental health clinics have good relations with local providers that provide counseling

and treatment for mood disorders. The TRICARE handbook outlines eligibility and mental health benefits for all military families.

Treatment for depression should involve your family doctor and a professional counselor, which may be a psychiatrist, psychologist, social worker, or other licensed professional clinician.

A depression diagnosis opens the door to medications that can help get you back to a normal life again. You can take a confidential online depression-screening exam from the National Mental Health Association. The American Academy of Child and Adolescent Psychiatry outlines helpful information about children and depression.

Help yourself combat loneliness and sadness by focusing your mind on other things, such as exercise, volunteering, exploring new habits and socializing with family and friends. Time, coupled with positive thinking, can also help remedy these feelings.



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